



CITY OF LONDON  
FREEMEN'S SCHOOL

**WEEK 1 – AUTUMN TERM LUNCH MENU**  
**WC 14/11/22, 05/12/22**

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Counter Main Choice	Chicken Tikka Masala	Beef Lasagne	Turkey Fajitas	Moroccan Chicken Thighs	Pepperoni Pizza
Sides	Basmati Rice Mini Samosa	Garlic Bread and Broccoli	Cajun Spiced Potato Wedges Sweetcorn	Parsley Couscous Lemon courgettes	Curly Fries, Garden Peas & Sweetcorn
Vegetarian Choice	Sweet Potato and Chickpea Balti	Gnocchi with Spicy Lentil Arrabiata Sauce	Spiced Quorn & Pepper Burrito	Vegetable Tagine	Margherita Pizza
Pasta Bar	Spaghetti Carbonara	Sweet Chilli Vegetable Stir Fry	Green Pesto Pasta	Tomato & Basil sauce Pasta	Tomato and Basil Sauce, Fusilli Pasta
Light Choice	Soup of the Day Baked Baguette	Jacket Potato Chilli Con Carne	Soup of the Day Baked Baguette	Jacket Potato Baked Beans	Soup Of the Day Baked Baguette
Dessert	Apple and Cinnamon Crumble Custard	Coconut Flapjack	Syrup Sponge & Custard	Chocolate Brownie	Frosted Banana Cake

Menu may be subject to change depending on the circumstances of the daily business.  
If you have a food allergy or intolerance, please ask a member of the Catering team, who will be happy to help with your menu selection.